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**CHARLIE SHEEN'S My
Violent Torpedo of Truth/De-
feat is Not An Option Tour is
coming for you.**

One of the people you really need to thank for your upcoming journey into the mind of Sheen is Live Nation executive and tour coproducer Joey Scoleri. Joey's working diligently to get this show off the ground next month and he's sharing with the world exactly what they can explain for the Vatican rock-star assassin during his shows. Joey explains:

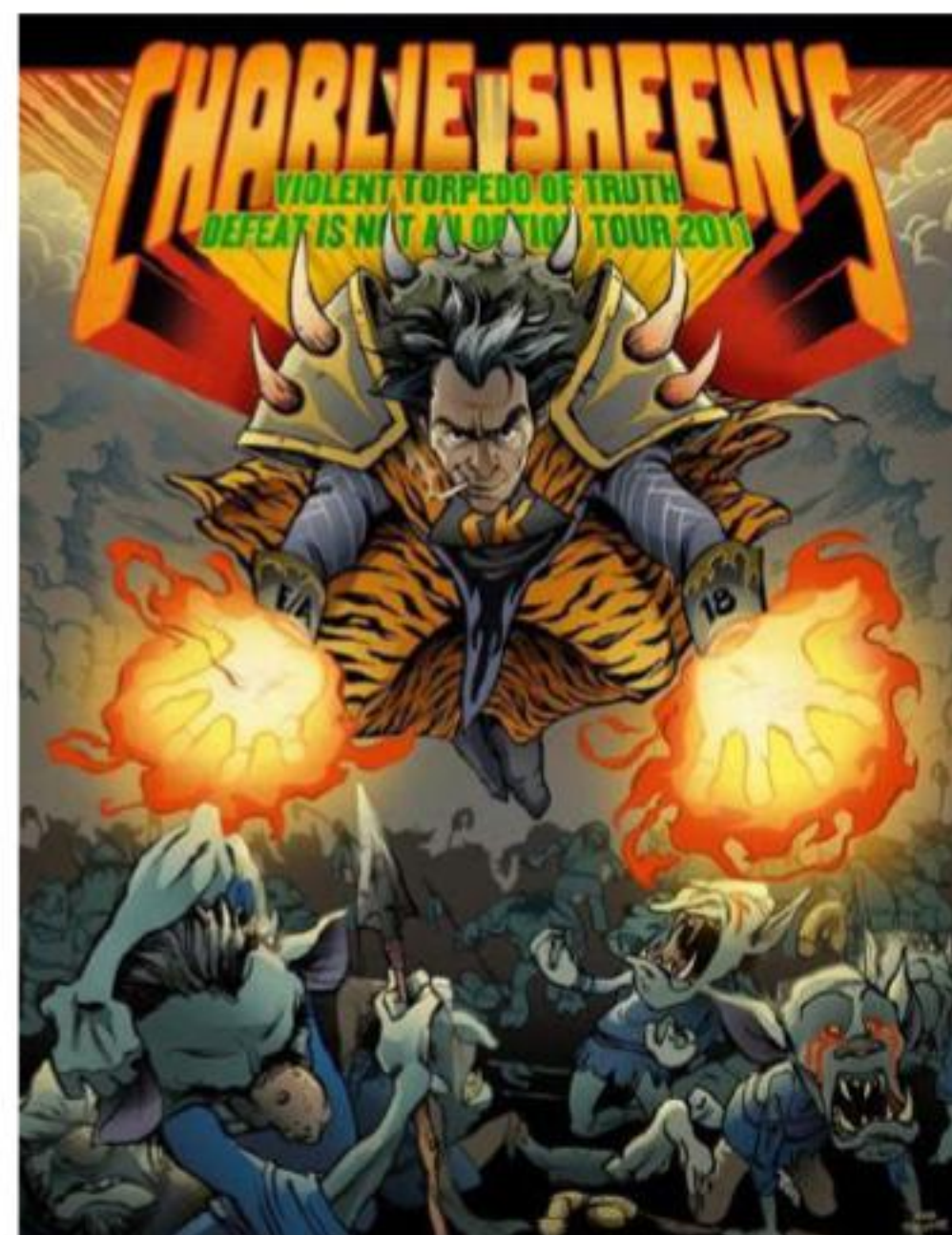
"Charlie has definite ideas on what the show is going to be and it comes down to the fact that he is an entertainer, so it will be entertaining... First and foremost he's an actor and a performer and the funniest guy in America right now, so the show he is working on right now will be largely spoken word, but having heard some of the monologues he is working on right now, it goes from hysterically funny to dark to very thought provoking. He is a truth seeker, that's his thing Right now he wants people to hear the truth and see the truth and I think that's why he has been as open as he has been about his life. He's not a liar, I actually consider him the most honest man in America. Now, you may not agree with what you see, but he is being honest."

With so much improvising, "audience participation" will be utilized and welcomed in the show, to some capacity. The show is expected to run no shorter than an hour and ten minutes, but whether it goes longer is entirely up to Charlie. As for what the format will be, Joey explains:

"There will be some multimedia, but largely just him and a microphone and he's going to talk, and having heard some of the stuff he is going to say, people are going to be pleasantly surprised. There will be some things that are shocking and provoking, but you're going to laugh... There will be some video presentation. There is so much content out there about Charlie Sheen that has been user-generated, fan-generated, media-generated. There is a ton of stuff that will help provide context for the show. We don't know exactly what it is yet, we're still work-

ing on it."

According to Charlie: My Violent Tor-



pedo of Truth/Defeat is Not An Option Show is coming for you.

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All About Barbie

by W.R. Maxwell

Not the doll; the girl, 'Barbie-Girl' to be specific. She's one of the babes on the front cover of this weeks METRO ANE Magazine. She really does exist, but her mom never really named her 'Barbie'. That came later, as I will explain. Shortly after this sweet young thing turned 18 and she started working as a licensed brothel-worker [prostitute] at the world famous, Moonlite Bunny Ranch, she had to select an alias. You know – like spies have 'code-names' and like topless dancers have 'stage-names', well, when a girl goes 'pro', she picks an alias to be known by. Since this young lady had always loved Barbie, the doll, and since as a young girl, she had Barbie everything (clothes, toys, even Barbie wallpaper) and since she always wanted to be Barbie, then it was only natural that her professional name should be Barbie-Girl. The 'Girl' part was so people would not confuse her with

'Barbie-Boy', who is a drag-queen and has bigger feet, bigger panties and completely different 'panty accessories', if you know what I mean.

Unlike her plastic counterpart, Barbie-Girl has 34 B boobs, muscular legs and a cute rounded booty to go with them. But Barbie-Girl has been bad, which is good for us guys. She's been cheating on Ken. In fact, as a professional lover, she has lots of boyfriends, which is what she calls her regular clients at the Bunny Ranch.

Barbie-Girl's birthday is December 27, 1990 and she loves to get birthday cards, so guys, this coming December, send Barbie-Girl a birthday card c/o The Bunny Ranch, 69 Moonlite Drive, Carson City, NV, 89706. But, if you have the time, come to her birthday party. They have 2 sexy birthday traditions at the Bunny Ranch. First, the birthday girl gets a playful spanking on her shapely ass, then she rubs her breasts all over the birthday cake and the icing is licked off by

.....continued on page 4

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continued from page 3....

the party goes. Tasty! Guys, the line starts forming in November, so come early. But if you can't stick around, then come often.

Before you make your play for Barbie's heart, here are a few things you should know about her. She really gets turned on by teasing – being teased and teasing her man. (She did a pretty good job teasing me, and that was only on the phone!) She loves oral sex, kissing and lap-dancing. With most guys, if a sexy babe like Barbie teases you with a lap-dance, she soon finds

she says she can definitely get down [and go down] like a porn-star. She will also do the GFE [the girl friend experience], which may include a few complaints about leaving the toilet seat up. Barbie-Girl does pamper parties, but not the disposable diapers kind, and she also does bubble bath parties, hot tub parties and a 60-minute Champaign party. With my latest pay-cut, I think I can only afford a 5-minute Boones Farm party. She also does the BSE [the Barbie style experience], but you may have to pretend that you are an air-head named 'Ken'. Also, Barbie-Girl says she is very flexible



herself doing a pole-dance, with your 'rod' as the pole! And Barbie-Girl says loves Italian – the food – you know, like pasta and a big fat Stromboli. But if she can't have Italian, she'll eat Mexican - all - day - long (Arribal). All you guys with private jets, Barbie-Girl would love to see Rome. Maybe she has a thing for older, Catholic men in robes and funny hats, or maybe she is just an equal opportunity pleasure machine. She says, "I want to please anybody and everybody, because everybody deserves to be pleased." With an attitude like that, Barbie-Girl will be the Bunny Ranch's next million-dollar girl. Talk about your employee of the month! Barbie-Girl sure puts her heart into the Bunny Ranch. I'd say she is putting a few of her other body parts into it as well, like that cute booty of hers and those 34B boobies, for good measure. Barbie says she doesn't let anyone walk out of her room un-happy or unsatisfied. "I've never had a case of that, ever. My motto is, if you're not done, I'm not done." Barbie-Girl is customer service, personified!

As a professional 'working girl', Barbie does all different kinds of 'parties' from fetish, to kinky, to the porn-star experience, and even though she is not a porn star (yet)

and does every sex position you can dream of. I can only dream of 2 sex positions – one with me on top and one with the girl on top – but in either position, I always have a 14" shlong! Hey, that's what dreams are for, right?

So what does Barbie-Girl do on her quiet days at the Bunny Ranch? She says she'll change her clothes about 6 to 8 times a day, do her make-up, hang-out with her friends, re-do her make-up, have a few drinks, have fun, eat dinner (if there are no guys around to eat), lay around in the hot tub or in the tanning room, and "its always good to masturbate – that's a lot of fun". I couldn't agree more.

Barbie-Girl has been at the Bunny Ranch for 18 months, and even when she first started working there, "it was a lot of fun", she said. "I was a new, horny bunny wanting to 'play' – like a pussycat in heat." She goes on to say, "Horny girls are important. I am a horny girl, for sure!" "I find it a very fun way to work. I don't know why anyone would not want to have sex for a living." I couldn't agree more.

Contact Barbie-Girl at:
<http://www.bunnyranch.com>

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CAMI PARKER (*The other girl on the Cover*)

Hi! I'm Cami Parker, star of HBO's Cathouse series and featured bunny at The World Famous Moonlite Bunny Ranch.

I was born in Canada and have lived in NYC for the past six years. While living in New York I worked on developing my modeling portfolio and I attended New York University. I double

Magazine
The Howard Stern Show
The Joy Behar Show
CNN
The Maury Povich Show
and many other places.

BUT the very best place to see me is in the bedroom. It's my favorite place to be, and the place that I feel the happiest and most comfortable. If I had to define my bedroom personality, it would mirror my out of bed personality. I'd say I'm fun, outgoing, energetic and,

CAMI PARKER



maored in creative writing and journalism and am currently writing my first novel.

I have blonde hair and blue green eyes. I am 5'4, 105 lbs and my measurements are 32DD-22-34.

My interests include literature, the theater, blow jobs, fashion, cooking, reading, writing, blow jobs, shopping, animals, museums, blow jobs, trying new restaurants and international cuisines and fusions, music, blow jobs and politics. My turn ons include humor, intelligence, confidence and kindness. My turn offs include rude people, bad hygiene and selfish lovers (I'm multi-orgasmic and want to enjoy myself too!)

Besides on HBO I'm sure you've seen me many other places, such as:

Hustler Magazine
Club International Magazine
Tag Magazine
Glam Girl Magazine
Metro Adult Entertainment News

more than anything, I'm a BIG pleaser. What turns me on more than anything, is being able to please another person. To make them feel happy content and relaxed and to give them the greatest pleasure, sexual pleasure, again and again and again... nothing makes me happier.

While I consider my sexual repertoire to be very extensive and am always confident and excited to explore any new sexual opportunities, everybody has their specialties and mine are as follows: THE GFE, VIRGINS, OVER-NIGHTS, COUPLES I also offer:

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If you want to see more of me, I've posted videos of lots of my adventures on YouTube. You can view the videos at: youtube.com/user/MissCamiParker email: Camiparker@Bunnyranch.com or for more info on Cami check out: <http://www.bunnyranch.com>

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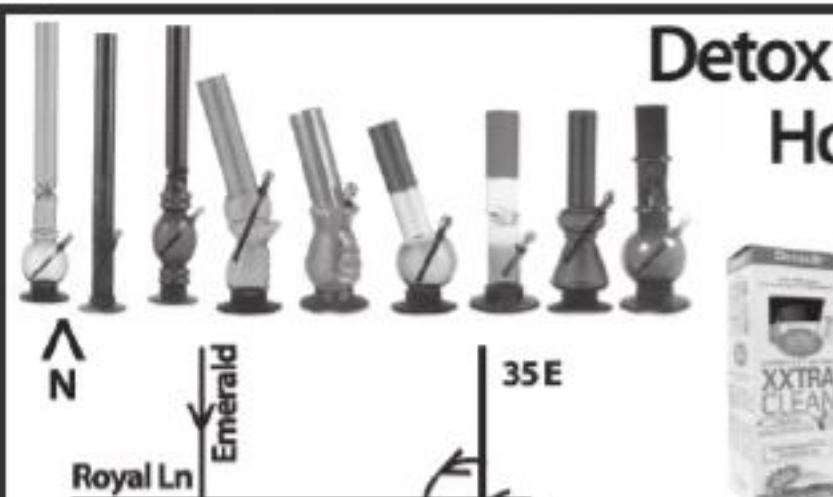
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BARKIN' OUT LOUD

by Pat "Two Dogs" Snow

What a week in the books, huh? As usual the Mad Hatters tumbling around filled with March Madness have romped all over the land-

top defensive stud for an honors violation and the fans and media across the country think they're going down. Why? Maybe they equated standing with honor weakened them. Almost the entire opinions coming in were, "hey, the games more important and you're gonna lose".

Well, scratch my belly on Sunday mornings and feed me biscuits, but BYU has shown they come to play ball regardless of who's dressed and THAT'S part of their honor code, too.

Gee, a winning program, with athletes who attend real classes, with players, coaches, and personnel adhering to NCAA rules. Just a thought, here, but maybe some of these coaches and AD's could themselves learn from this.

Who shouldn't be surprising anybody? Butler. If you forgot about what they did last year then you need to take a few days off the Red Bull, or maybe look through last year's Tourney editions by SI. Or both.

Sweet Sixteen

Southwest Region

Man oh man, just hearing those two words brings excitement and anticipation to every red blooded sport junkie in America, hey, now it's the world.

In the Southwest Kansas and Florida State each take on a Cinderella team, Richmond and VCU respectively.

Here's the easy argument: Kansas is a #1 seed and Richmond a 12, and Florida State is a #10 seed and VCU an 11. Everybody picks Kansas by a blowout and then they turn around and hand wring between FSU and VCU.

Just to be interesting most will say that Richmond will give Kansas a run for maybe the first half, but then the Jayhawks use 'em to mop the floor with. Here's what I'll do, I'll go that if Richmond doesn't come out cold, if they play a force defense, they can give Kansas a real run. I just think it has to come from the opening bell. Otherwise, yeah, Kansas will make squeegees out of 'em.

So how does VCU rate being a Cinderella and FSU not? A ten seed isn't a surprise to make the Sweetness? I guess a ten is rated the stronger middle of the pack and not coming from the lower fringe element.

If you like your college hoops run, gun, bang, wallop and pow, my bet is you better watch this game, because both VCU and FSU can pull smoke up from the boards. I'd say this is going to rate right up there as one of THE best games of the tourney.

East Region

Ohio State and Kentucky. Unlike most of my learned colleagues I'm going to have to question this game. Do I think it's a battle of the horses? No. I think it'll be a pretty doggone good game but not two studs in the same corral. We're gonna see speed and we're gonna see some bangin' in the post, but is it gonna be a bruiser? Not hardly. Neither of these teams are built that way.

I think Kentucky gives OSU more than they think they deserve.

And our third Cinderella, 11 ranked Marquette, is taking on 2 seed North Carolina. Up front I think Marquette has the horses to stay with NC, but the question here is gonna come down to the bench. I say if Marquette's bench can hang or gets trapped, so goes the game. This game's closer than many think and also should be a good one.

West Region

Let's hear it for #1 seed Duke and #5 seed Arizona. What? Not many of you all that excited? Me either. I don't think this comes anywhere near close to coming down to a buzzer beater.

Duke did stumble some in the regular season, and maybe they should've been a 2 seed, but let's not cry over that. Arizona's gonna be placed in a face to face like they've never been tested in before. The only way ASU challenges is if they can control BOTH boards, and force Dukes outside game. IF ASU can't do that throughout, Coach K will be doing ball room dancing while ASU will be stumbling on their two step. The Longhorns matched up better against Duke.

Now this one ought to have the noise police knocking on your door: San Diego St with the #2 seed, and UCONN with the #3.

Great battles against the top match ups are actually hard to come by, so this one needs to be given special treatment.

I'd give this one the treatment it deserves, the grillin' and chillin, the best buds, all the speakers fully tweaked and no scratches, nothing vulnerable to flying objects nor could accidentally become a flying object.

Now this game I call an even between two studs. For those of you who don't think San Diego can hang with UCONN, then you better go back and look at their regular season schedule. They've been building this program steadily up for the last few years and they're more than ready to challenge.

Can UCONN rise, or do they even have to? You can bet they're now running on all cylinders and operate like power



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boats. I'd say both these teams are speed, power, finesse, and have truckloads of determination.

The old strength of will. You're gonna see plenty of it in this one.

Southeast Region

I don't know if anybody's gonna claim that someone comes out of this region and makes the Final Two, although there's a challenger in this mix. Oh, and some great games.

Everybody's fun club to watch, #3 seed BYU against #2 seed Florida.

Florida's got the game tapes on what BYU just did to Wofford and Gonzaga, and I think we can all agree that on defense they have to shut down Jimmer's lanes and on offense they'll have to become blood dripping from their teeth aggressive. To win they're going to have to physically beat down BYU.

Can BYU stand against Florida? Yeah, if they adjust and turn Florida's attacks into over plays, over commits, get them out of rhythm, they're so well coached and disciplined that they can keep this game even.

Florida may also decide that Jimmer's gonna score so let him take his points, but block his passing lanes and cut off his assists. Or, they just may go with the old method of simply trying to block Jimmer out of the action.

Whatever they decide, Florida's about to run into a Tasmanian Devil on boosters.

And to round off our Sweet Sixteen hit parade, #4 seed Wisconsin against #8 seed Butler.

Most are giving this game to Wisconsin, not me. In fact, I'll go ahead and put this out there, I think Butler hands the Wisconsin folk a far different kind of cheese than they've been used to eating of late.

I like the way this team is coached and the way these kids take to the coaching. They've learned a lot since last year's tourney and are very steady on the floor. Watch these guys set their plays, man, some of it's like an art form.

And was Wisconsin's march here a show of workhorse strength and powerball? Not exactly, like Wisconsin didn't as much beat KState as much as Kstate got discombobulated at the end.

I think all of these Sweet Sixteen games are going to be really good. Most will be different but all will be good.

Final Four

Ok, so will I make any picks? I'm far better at knowing which ones are gonna be good games as opposed to picking winners, but I'll take a stab.

East: I think maybe the better matchup here might be OSU and NCAR. That's not who I want, but that might be the stronger game.

West: Duke and San Diego State, and I think the west coast boys take that.

Southeast: Nobody else with a brain will take this, but I like BYU and Butler, hey it may not be popular but you gotta admit, it'd be a hell'uva game.

Southwest: I just gotta do Kansas and VCU, and yeah, I think Virginia has a chance.

No science, no pro background to "aide" me, just me wanting to be a fan and have some great hoops in March thrown at me.

Readers Response:

Two Dogs:

Doesn't the Knicks current situation prove that the trade for 'Melo was a bust? Denver's actually done better and the Knicks have no improvement at all. And this should prove that 'Melo also isn't the great player he thinks he is and Denver was smart to have finally unloaded him.

Jason

Lubbock

Jason:

Ah, being from the Red Raider nation that's been under the Knights thumbs

for several years, I can see how you'd fall to those less than lofty conclusions. 'Melo was never known as a defensive force, that's not his game. And don't forget, Billups was in that trade and he's no slouch on either side of the ball. No, I'd say you have to go to the real root of the problem and that's the Knicks coach, Mike D'Antoni. Yes, 'Melo has had some bad nights, but it's fair to say that every player does. It's that D'Antoni doesn't run systems that are known for defensive strengths, he wants offense. You're gonna have some losses, normal or otherwise, in a season, yeah, and most teams will suffer the odd serious knockdown or two, but for what Boston just laid on New York, that was an old fashioned beat down. If New York will be patient and bring in some defense, then they can have some balance, but they better have a coach who knows how to devise and run a system like that, because D'Antoni doesn't.

TD

Two Dogs:

Is there any chance left at all the Stars will make the playoffs? They've fallen below the cutoff mark, seven of their nine remaining games are on the road, and every one is against a team that's in or fighting to stay in. With their injuries I think maybe we're out another year.

Skalaw

Dallas

Skalaw:

The Stars understand that the West is the tougher of the two conferences and that just about everyone is still fighting for a spot. It's not just Dallas. And it's not just Dallas that has injuries. Essentially these last three weeks are a playoff run, and they'll have to push themselves to and through. Yes, I still think they have a chance to be in.

TD

Two Dogs:

So the NHL chooses to finally nail someone for hits to the head and they get Matt Cooke of the Pens. Ok, he's a

bad one for cheap and crap shots, but the NHL is really to blame here. They've been mouthing for several years about cleaning up the hits, and this years they were really clamping down, what they said. But look, dude, there's only a few games left in the season. Why now? Why didn't they do this from the beginning? And I don't think Cooke's gonna change anyway.

Bobby

Coral Springs

Bobby:

Great point, it does seem like the NHL is responding late, as usual, doesn't it. Cooke is a prime example of every one of these guys who lie after the game and say they "really weren't trying to hurt the guy", it was just unfortunate. But, the good news is, Cooke finally admitted that he was wrong, and that he knew what he was doing. As rugged as the final games of the season are going to be, the NHL would gain a ton of legitimacy if they'd monitor these games and suspend players who're caught up too tightly in "doing what it takes" to get their team to the post season. Hockey's like the NFL, there are good clean hits out there that can players question about ever crossing by you again in the game, you just got to get the players to restrict themselves to them.

TD

Two Dogs:

Are you single? My cousin is very pretty and loves sports and she thinks your picture is cute. She's a great cook. How do we introduce you?

Brittany

Dallas

Brittany:
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TD

Pat "Two Dogs" Snow
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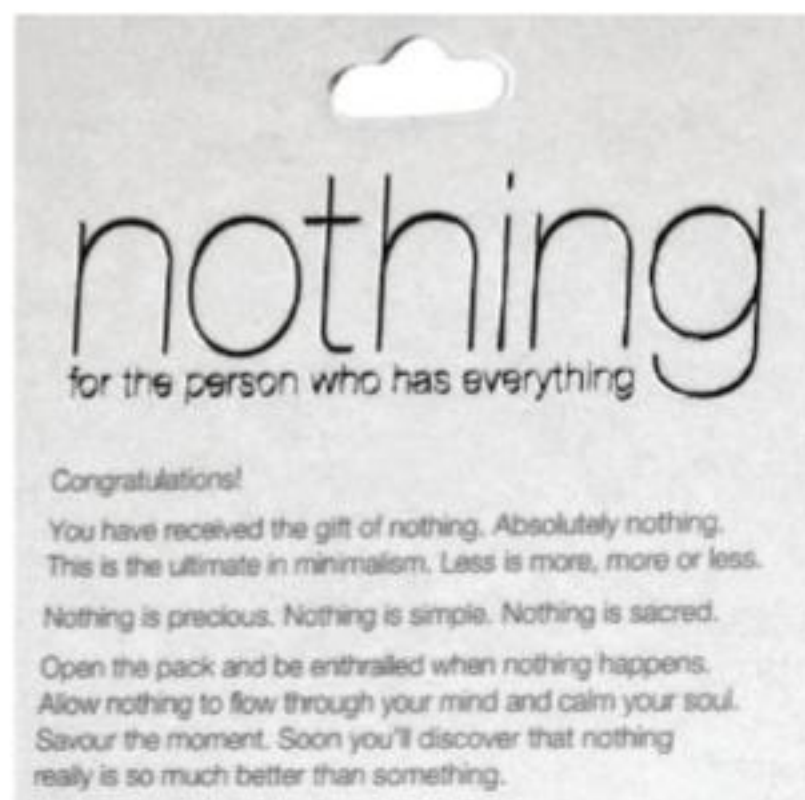
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KRIS KUKSI Divination And Delusion by Kris Kuksi, Jon Beinart, editor \$39.00 Hardcover Color 140 pages 12 x 8.5 inches <http://www.lastgasp.com/d/37120/>

Kris Kuksi's sculptures, rendered in immaculate detail, evoke a grandeur reminiscent of the Baroque era. Kuksi successfully merges this sumptuous echo of the past with a satirical and critical commentary of our modern industrial world. These finely crafted sculptures employ images of Gods and Goddesses from past and present mythologies and examine religious belief and iconography. Despite the frequent portrayal of corruption, violence, chaos and degeneration, the works in this book challenge aspects of our beliefs and question whether or not humans have the ability to improve the world's prosperity. The creation of these sculptures spans the last five years and embodies Kuksi's personal view of our turbulent world. These beautiful assemblages grace the walls of galleries and museums throughout the world and are displayed in the homes of numerous celebrities. This stunning volume allows the wider public to examine and appreciate these artworks in exquisite detail for the first time. Introduction by Corinne Faith Leita. *see more of his work at* <http://kuksi.com/>



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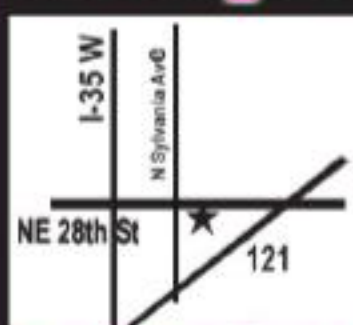
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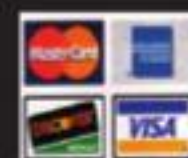
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Asian Pornstar: Asa Akira

By: Ms. Misha Moré

Asa Akira is an attractive Japanese-American adult actress who was born in Tokyo, Japan and now lives in Manhattan, New York City. Between the ages of 6 and 12, Akira lived in Japan, where she attended American schools. She speaks fluent Japanese as well as English.

Akira gained a certain amount of fame as a regular on the Bubba the Love Sponge radio show for about a year and was known as the "Show Whore." She made her boy/girl debut with Travis Knight for Gina Lynn Productions, shot on the East Coast. She had already done several girl-girl scenes, mostly with Lynn.

Akira received several award nominations for her role in David Aaron Clark's 2009 film, *Pure*, in which she plays a telephonist at a fetish dungeon who has an affair with the head-mistress' husband.

Akra racked up so many awards at the recent 2011 AVN Awards, taking home trophies for Best Anal Sex Scene, Best Three-Way Sex Scene (G/B/B) and Best Double Penetration Sex Scene, all from *Elegant Angel's Asa Akira Is Insatiable*, as well as Best All-Girl Three-Way Sex Scene from *Elegant's Buttwoman vs. Slutwoman*. In addition, *Asa Akira Is Insatiable* won the Fan Award for Favorite Movie.

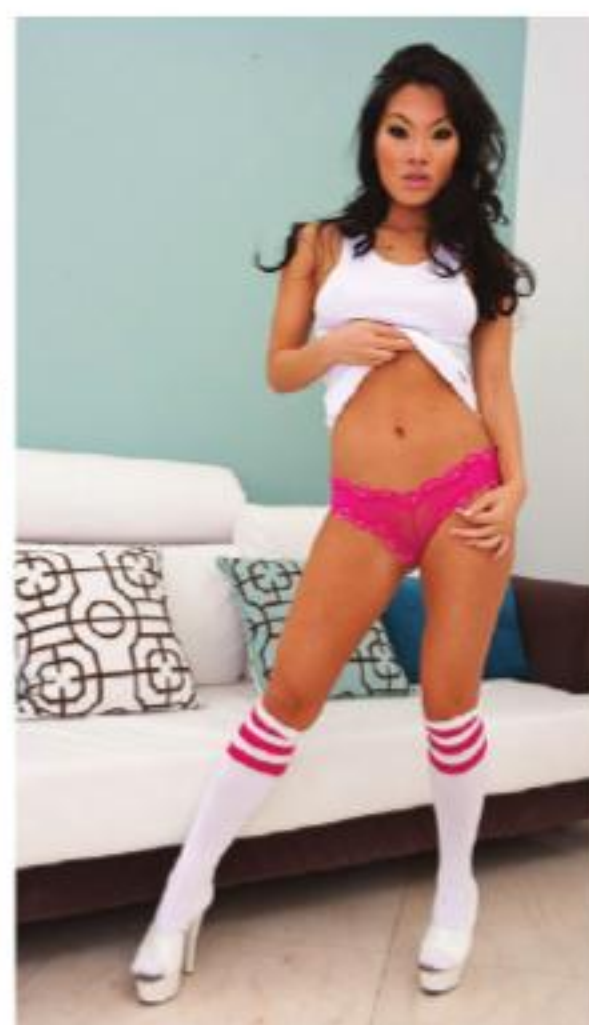
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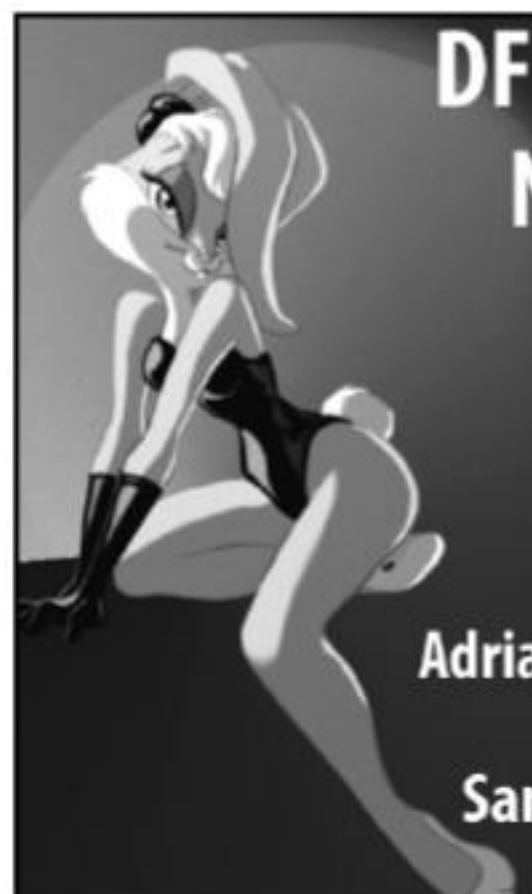
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Tips For Eating Out — It's Not As Hard As You Think!

Let's face the facts here — it is really difficult as an exotic dancer to resist the temptation of late night Waffle House pancakes, that McFlurry ice cream after your shift to ease your sugar craving, or splurging at great restaurants multiple times per week. Especially if you travel as a feature entertainer or club owner, you are in a different city almost every week or less! Eating out at restaurants may be your only solution in the midst of all the hustle and bustle!



Jennifer McCumber
president of How-to-Strip.com

If you don't systematize the way you eat at these places, you can pack on the pounds fast and your pocket book and your self-esteem will take its toll. After all, your body is your business and until a client can get to know you, their first impression of you will be how you look. And no dancer or woman for that matter wants fat abs, hips or thighs if they can help it! 80% of your success here is determined by your diet!

Here are some invaluable tips I've learned from dancing all over the country and finally maintaining a lean physique through abiding by these rules on the road and at home.

The portion sizes they serve at most restaurants is just too much. This is problematic especially in the South as they tend to serve Texas Size portions. A lot of times you don't even know the portion is huge until you get it put in front of you! If this happens, put half of your meal in a to-go box to enjoy it another time.

Before you go to another restaurant you need to purchase the book *Eat This, Not That!*. This book compares foods for every major restaurant in the US and gives alternatives that will save you thousands of excess calories per week.

Here are a couple of basic tricks I have learned to prevent overeating when going out with friends:

1. Do not go to a restaurant if you are starving. Maybe slightly hungry but nothing more. Eat a small snack to hold you over before you go! What if you have to wait 30 minutes to get seated then another 45 minutes to get your food? Then what? For sure, you will blow it.

2. Drink a tall glass of cold water while waiting for your food. Studies show that water expands your stomach and gives you a "full feeling" and the cold water stimulates calorie burning since your body has to work much harder to keep those organs at the right temperature. It's also a good idea to take some digestive enzymes (they aren't just for senior citizens!) about 10 minutes before you get your food so that your body can break down your food and process it much more

efficiently.

3. Never, ever, ever eat the breadsticks, chips, or anything like that served as appetizers! There's no telling how much fat and carbs they have - not to mention salt!

4. SALADS — Yes, salads can be almost as bad as appetizers. Only get field greens and vegetables — no croutons, no cheese, and always get your dressing on the side. Only use fat-free dressing if possible. A low-fat dressing

occasionally is fine if you don't go crazy with the amount. And by all means, No Caesar salad. Ever.

5. Be very careful of appetizers. This Is The Silent Killer! Even a cup of soup can easily have close to 1000 calories. Choose appetizers very carefully - or not at all!

Here Are Some Other General Things To Look Out For

- Fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you're not sure about a certain dish, ask your server how it's prepared. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.
- Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower) instead of butter. Ask for olive oil for your bread if you can control how much bread you eat! Otherwise just stay away from it.

- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce. It also includes all soups. Limit these items. Ask that your food be prepared without added salt or MSG. The foods at restaurants already have enough sodium in them without all of these added ingredients and can make you bloated before your shift.

- Have gravy, sauces and dressings served on the side so you can control the amount you eat, or skip them completely.

- Ask if the restaurant has fat-free or 1 percent milk instead of whole milk. If you are going dairy free, most places these days will have soy milk as a substitute, but if it is vanilla flavored it will be loaded with sugar.

- Even if they aren't on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams. I find that cutting off pastries and simply enjoying them as a cheat meal once per week is the perfect solution for calorie control while rewarding yourself for being good all week!

- Many supermarkets and specialty stores offer prepared entrees to take home when you're in a rush; the same tips listed here for restaurants also apply to take-home foods.



Jackie

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The key here is knowledge and preparation. Once you have that then you have most of the battle won. Maybe 20 or 30 years ago it was truly hard to eat healthy on the road, but nowadays every dining place in the US has at least a grilled chicken or fish entrée with rice and veggies on the side. Even fast food places like McDonald's list the nutritional information for everything they serve if you request it.

Some GREAT alternatives if you have to get a fast meal on the road are:

- The Chicken Burrito Bowl at El Pollo Loco or Chipotle
- The Fresco menu with a grilled meat or bean taco at Taco Bell
- The chicken McNuggets at McDonald's
- The chilli bowl or a chicken sandwich from Wendy's
- An Egg-white omelet with dry breakfast potatoes at IHop or Waffle House

The point is to try and stay around or under 500 calories per meal (300-400 calories per meal if

you are trying to loose weight) and to eat these smaller meals more often throughout the day, making sure you have a good portion of protein, some complex carbs for energy and some fiber and a little fat to make you feel full.

Of course, don't expect to be a perfectionist here! It's not about being perfect on your diet, it's about being compliant. What I mean is, if you eat 5-6 small meals a day and you blow it a few meals per week, you can still "get an A!" so to speak and get right back on track and hardly suffer the consequences.

There should never be a reason to not have the body you want ever again! You can do this! It takes some practice and patience, but everything worth having is worth working hard for! You will stand out and be noticed more and people will ultimately be drawn to you because you will be a more tone, healthy, and vibrant person at your club! Men will want you, women will want to be like you, your confidence will go through the roof and your income will show it!



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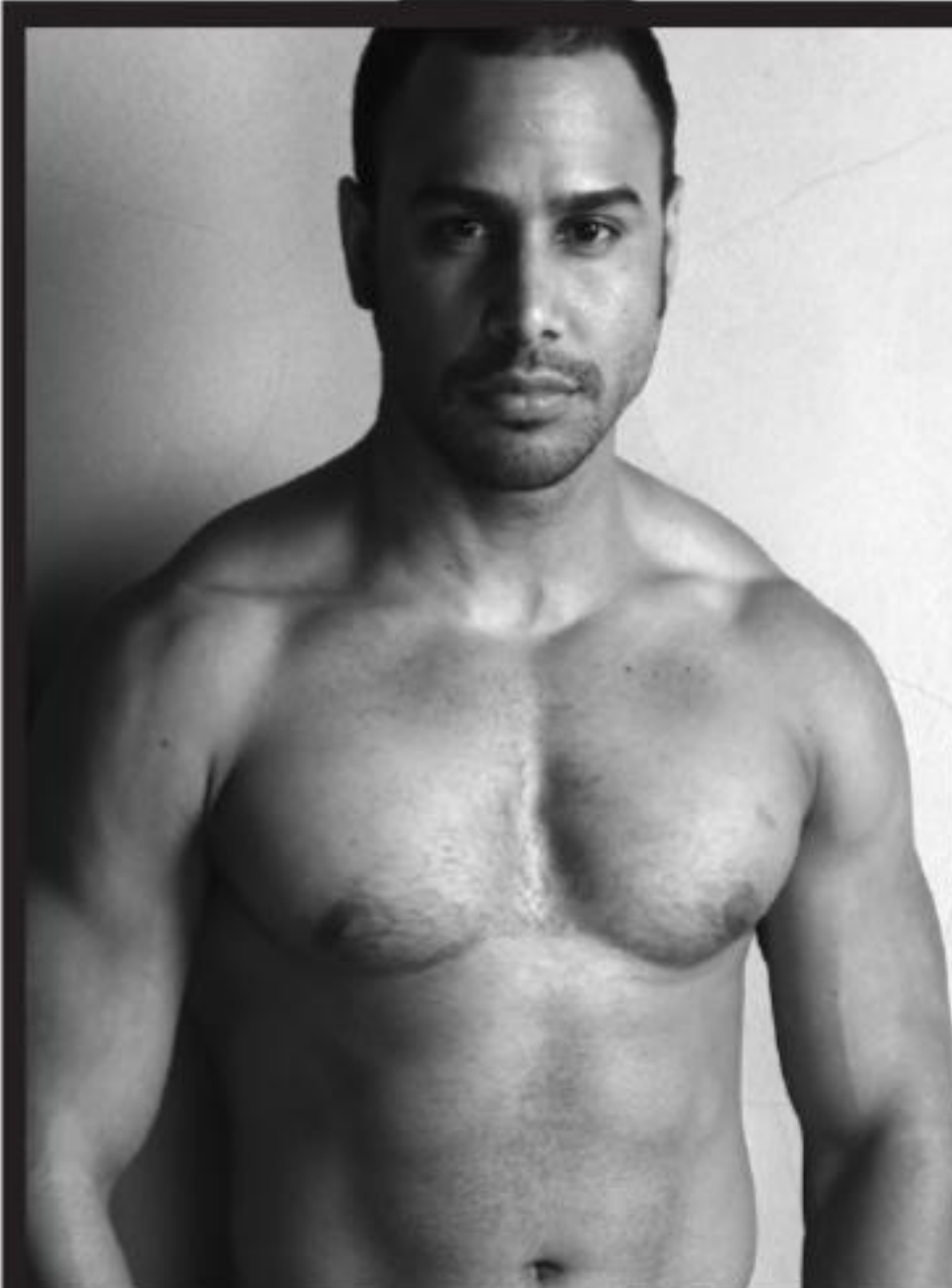
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6 Tips for Good Photos / Camera Phone

1. Use the highest resolution. Many camera phones have the option of changing the resolution of the pictures. Always shoot in the maximum resolution so you can capture the maximum details.
2. The best phone camera pictures are taken in plenty of light. Turn off the flash when it is not required.
3. Hold it steady - Do you often complain of blurry images while shooting with your phone camera? There is a possibility it has a slow shutter speed and is prone to blurs with little movement. Often there is a delay between the release of the shutter and the actual click of the phone. That is the moment when a little movement will create bad blurs. Anticipate shutter lag. Get used to your camera phone's timing. Like many consumer digital cameras, there's most likely a delay between the exact moment you press the shutter button and when your camera phone captures the image. Holding the camera really steady and even after the shutter is released, keep it steady for a few seconds more just to be sure. Also, in low light, camera phones slow the shutter speed to let in more light and have a longer opportunity to capture movement. Hold the camera phone with both hands and brace your upper arms against your body when you shoot.
4. Avoid zooming in - The built-in zoom in most phone cameras are not optical but digital. Hence, it is advisable to not zoom in to compose a picture because you are not really zooming. Move closer to the subject. Also if the background of your picture is cluttered and the lighting is questionable, fill the frame of your camera phone by moving in closer instead of zooming.
5. Avoid the too much Yellow Photo- An increasing number of camera phones come with adjustable white balance, which allows you to modify color balance in your images based on shooting conditions. Experiment with this feature to get a good feeling for the impact that it has on your images. Read your manual to learn how it works on your phone.
6. Keep your lens clean. 7. Avoid photographing self in mirror.



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